

**LIGHT RUNNING SHOE**

**Abstract**

The present invention relates to a sole for an article of footwear and the method of manufacture. The sole includes a mesh layer at least partially embedded in a sole layer. The method for manufacturing the sole includes the steps of providing a mold, inserting a mesh into the mold, and forming a sole layer in the mold, the sole layer having a mesh layer at least partially embedded in the sole layer. The invention also relates to an article of footwear that includes this sole, and the method of manufacture thereof.

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